

Hattie Holmes Senior Wellness Center

ZOOM VIDEO/AUDIO CONFERENCE

Meeting ID: 202-291-6170

No Video Dial 1-301-715-8592 ID # 202-291-6170

Teleconference # 1-978-990-5000 ACCESS CODE: 667037

324 Kennedy St. NW
Washington, DC 20011

March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>10:30 Quilter's Corner Zoom</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>10:30 Pilates w/ Lillian In-Person</p> <p>11:30 Mental Well-being w/ Elizabeth In-Person & Zoom</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:30 Book Club - From Scratch by Tembi Loche (March 27th) Zoom</p> <p>2:15 Mindful Mondays w/ Elizabeth In-Person & Zoom</p> <p>3:00 Quilter's Café (March 13th & 27th) In-Person</p>	<p>9:00 Walking Club w/ Lillian In-Person</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person</p> <p>10:30 Strength, Balance and Fitness Exercise (SAIL) Class w/ Adriene In-Person & Zoom</p> <p>11:30 Nutrition w/ Brenda Teleconference</p> <p>1:00 Balancing w/ Lillian In-Person</p> <p>1:00 Matter of Balance (Start Date March 14th) In-Person</p> <p>2:30 Open Office Hour w/ Brenda for Nutrition Consultation</p>	<p>9:00 Strength & Toning w/ Lillian In-Person</p> <p>9:00 Current Events Discussion Group In-Person & Teleconference</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>9:30 Quilting In-Person</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>10:30 Pilates w/ Lillian In-Person</p> <p>11:30 Nutrition w/ Brenda In-Person & Teleconference</p> <p>12:30 Birthday Recognition (March 17th) In-Person</p> <p>1:00 Health Promotion w/ Stephanie Zoom</p> <p>3:30 Bingo Zoom</p>	<p>9:00 Walking Club w/ Lillian In-Person</p> <p>9:00 Nutrition Consultation</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:00 Club Memory Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person</p> <p>11:15 Resistance Training w/ Tony In-Person & Zoom</p> <p>1:00 Aerobics w/ Kojak In-Person & Zoom</p> <p>2:15 Nutrition w/ Brenda In-Person & Zoom</p>	<p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Lillian In-Person</p> <p>11:15 Color Me Relaxed w/ Stephanie In-Person</p> <p>11:30 Tech Talk w/ Zoe Zoom March 17th & March 24th In-Person</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:30 Brain Games w/ Stephanie In-Person</p> <p>2:00 In-house Movie - Amazing Grace (March 10th) In-Person</p>

SPECIAL EVENTS & ANNOUNCEMENTS

- * March 7th & March 21st 12:30 Arts & Crafts - w/ Kyla In-Person
- * March 13th 11:30 Town Hall Meeting In-Person & Zoom
- * March 15th 12:30 Understanding Your Mental Health Benefits
- * March 16th 10:00 - 12:00 Club Memory In-Person Only

- * March 21st 8:30 Early-Bird Breakfast
- * March 22nd 1:00 Planning for your Future In-Person & Zoom
- * March 29th & 30th 1:00 AARP Smart Driver Safety Course In-Person

EDUCATIONAL CLASS TOPICS

HEALTH PROMOTION w/ STEPHANIE

3/1 Kidney Health

3/8 Breathing Issues

3/29 Anemia Explained



Mental Wellbeing w/ ELIZABETH

3/6 Brain Functioning

3/13 Emotions & the Brain

3/20 Stress and the Brain

3/27 Keeping our Brains Healthy



Mindful Mondays

2:15 p.m. 30 minute group - Meditation, Breathing Exercises, and Other Strategies to Manage Stress, Anxiety, and Depression, and to Promote Mental Wellbeing.

* Open office Hour w/ Elizabeth for drop-in mental health counseling

Trips



3/7 11:15 a.m. Movie - Creed III Majestic Theater \$14

3/21 9:00 a.m. Bowling AMF Capital Plaza Lanes

3/15 9:30 a.m. Toby's Dinner Theater "Something Rotten"

3/16 9:30 a.m. Dutch Market

NUTRITION w/ BRENDA

3/1 Let's Fuel for the Future

3/2 ~~Nutrition Bingo~~ Class Cancelled



3/7 My Plate Series - Grain

3/8 My Plate Series - Grain

3/9 Nutrition Bingo

3/14 My Plate Series - Fruit

3/14 @ 12:30 Lunch & Learn / Food Demo In-Person

3/15 My Plate Series - Fruit

3/16 Nutrition Bingo

3/21 My Plate Series - Protein

3/22 My Plate Series - Protein

3/23 Nutrition Bingo

3/28 My Plate Series - Dairy

3/29 My Plate Series - Dairy

3/29 @ 12:30 Lunch & Learn / Food Demo In-Person

3/30 Nutrition Bingo